



Relationships Matter: Partnering to Prevent Unplanned Pregnancy

Andrea Kane

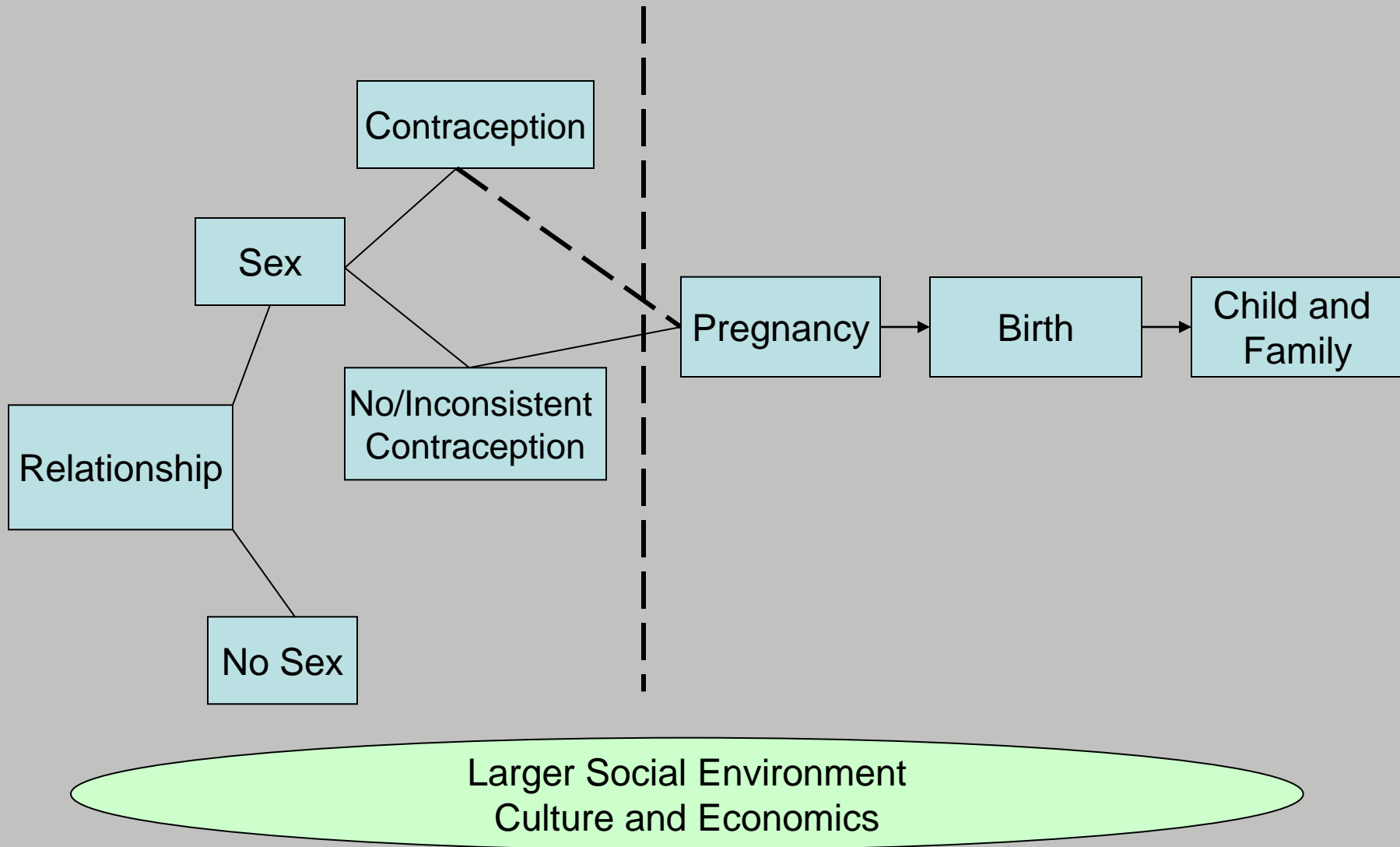
September 27, 2011

Northeast Family Strengthening Conference
Richmond, Virginia

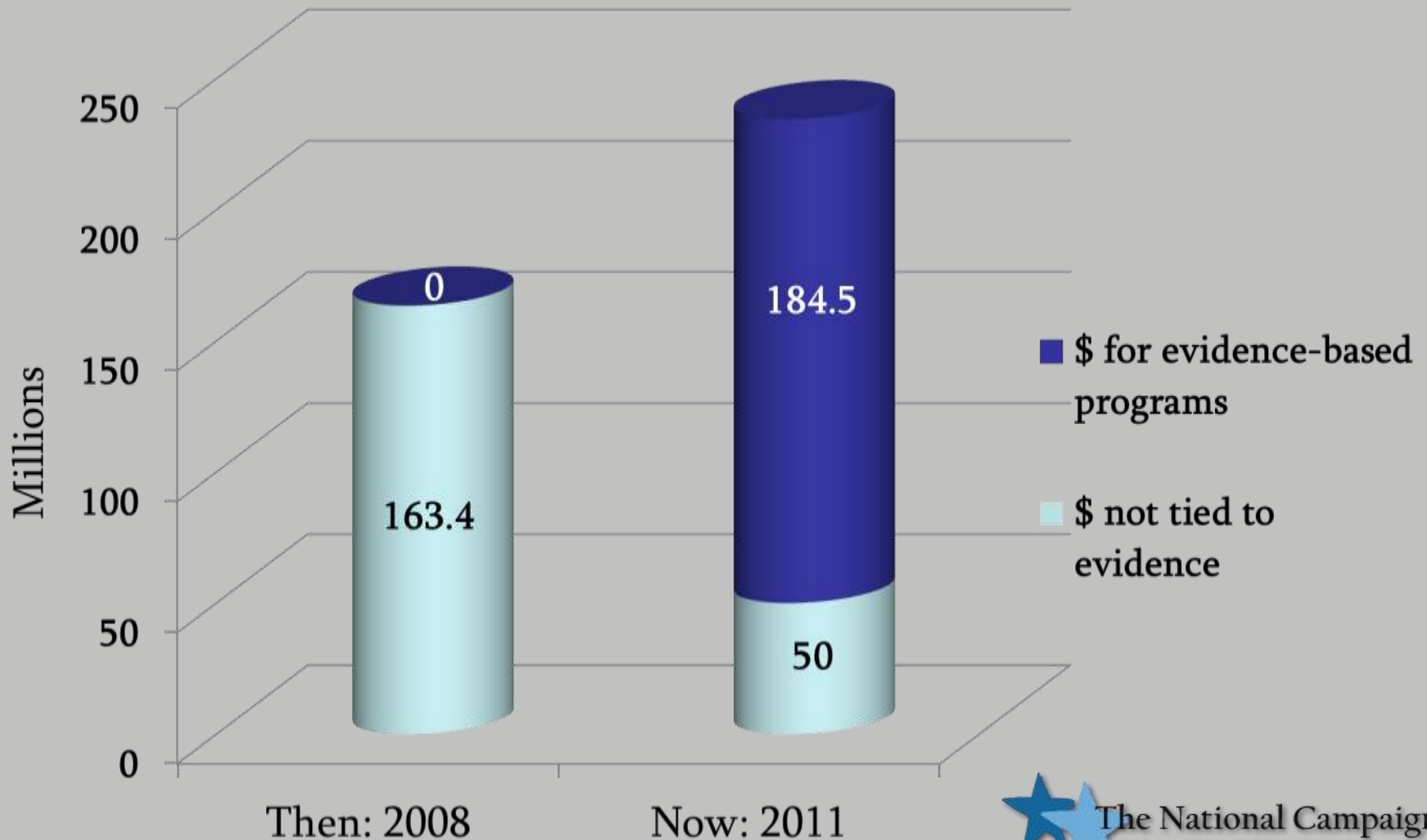
The Campaign's Mission and Goal

- Our **mission** is to improve the lives and future prospects of children and families and, in particular, to help ensure that children are born into stable families who are committed to and ready for the demanding task of raising the next generation.
- Our **strategy** is to reduce teen pregnancy and also unplanned pregnancy, especially among single young adults.

Shared Goal: Strong and Healthy Families and Children



Federal Funds for Teen Pregnancy Prevention Programs



Federal Teen Pregnancy Prevention Funding				
	2008	2011		CHANGE
Community Based Abstinence Grants	\$113.4	\$0.0		-\$113.4
State Abstinence Grants	\$50.0	\$50.0		\$0.0
<i>Funding not tied to evidence</i>	<i>\$163.4</i>	<i>\$50.0</i>		<i>-\$113.4</i>
Office of Adolescent Health Grants	\$0.0	\$109.5		\$109.5
PREP Grants	\$0.0	\$75.0		\$75.0
<i>Evidence-based funding</i>	<i>\$0.0</i>	<i>\$184.5</i>		<i>\$184.5</i>
<i>TOTAL</i>	<i>\$163.4</i>	<i>\$234.5</i>		<i>\$71.1</i>

Office of Adolescent Health Grants

- \$100 M in discretionary funds for 100 competitive grants
 - Tier 1: \$75 M for 75 competitive grants to replicate evidence-based programs.
 - 5 year grants ranging from \$400,000 - \$4M
 - Serving youth in 39 states and D.C.
 - Diverse grantees and program models
 - Tier 2: \$25 M for competitive research and demonstration grants
 - \$15.2 M for 19 grants to develop, replicate, refine and test additional models and innovative strategies
 - \$9.8 M in collaboration with CDC for 8 community-wide projects

PREP Grants

- \$ 75 M/year in mandatory funds for Personal Responsibility Education Program (PREP) for FY 10 - 14
 - \$55 M for formula grants to states who choose to apply (In FY 2010, \$45.2M awarded to 43 states)
 - \$10 M for 13 competitive grants to implement innovative strategies
 - \$3 M for competitive grants for tribes
- Educate adolescents on both abstinence and contraception, and at least 3 adulthood preparation topics (e.g. *healthy relationships*, parent-child communication, financial literacy)
- Replicate or substantially incorporate effective programs

State Abstinence Grants

- \$ 50 M/year in mandatory funds for FY 10 - 14
- Formula grants to states who choose to apply (29 states and Puerto Rico applied for FY 10)
- For abstinence education (as defined in federal law) and also mentoring, counseling, and adult supervision programs that promote abstinence.

Pregnancy Assistance Funds

- \$25 M/year in mandatory funds for FY 10 –19
- Competitive grants to states, tribes, and territories to support pregnant and parenting teens and women, and combat violence against pregnant women.
- Grantees may address delay of subsequent pregnancies among other topics.
- In FY 10, OAH awarded 17 grants for a period of three years.
- Expect next competition in FY13

Preventing teen pregnancy makes good economic sense



- Nationally, teen childbearing costs taxpayers at least **\$10.9 billion** annually.
- The estimated savings to taxpayers in 2008 alone due to the one-third decline in the teen birth rate between 1991 and 2008 is **\$8.4 billion**.
- Funding teen pregnancy prevention programs that work is cost effective.

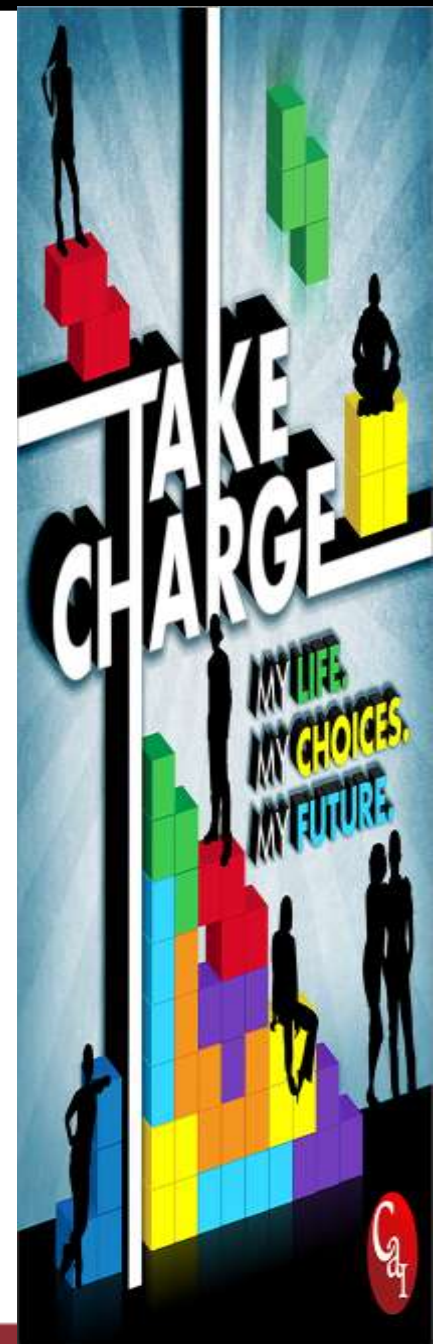
Development For Youth ‘TAKE CHARGE’

GRICEL ARREDONDO

NORTHEAST FAMILY STRENGTHENING
CONFERENCE
RICHMOND, VIRGINIA



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DEVELOPMENT FOR YOUTH RESEARCH PROJECT

- ❖ **5 year OAH funded project**
- ❖ **Evaluate efficacy of intervention**
 - **Year 1: Prep:**
 - **Adaptation of intervention**
 - **Year 2-4: implementation of intervention in foster care**
 - **Year 5: evaluation**



DEVELOPMENT FOR YOUTH

- ❖ **Designed to reduce sexual risks behaviors related to unintended pregnancy, HIV/STD among high risks youth in residential settings**



DEVELOPMENT FOR YOUTH

- ❖ 12 session, co-ed, group level**
- ❖ Comprehensive, Cognitive-behavioral approach**
- ❖ Focus on:**
 - Interpersonal skills**
 - Consequential thinking**
 - Knowledge and skills related to sexual health**



DEVELOPMENT OF DFY

❖ **What leads to behavior change?**



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TRADITIONAL PREVENTION



“KNOWLEDGE IS POWER”



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REDUCE SEXUAL RISK BEHAVIORS

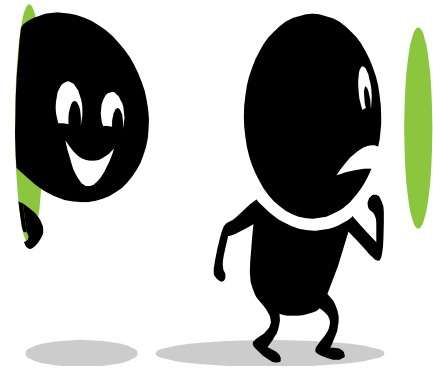
❖ Focus on increasing knowledge and skills related to behaviors that are directly linked to pregnancy, HIV, STD transmission





WHAT IS BEHIND THE BEHAVIOR?

What are the Influencing Factors?



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INFLUENCING FACTORS

- ❑ Characteristics or factors that influence risk behavior
 - ❑ Perceptions
 - ❑ Self-efficacy
 - ❑ Beliefs
 - ❑ Social norms
 - ❑ Skills and Knowledge



WHO IS THE TARGET POPULATION

❖ **Foster care youth ages 12-19**



ADOLESCENCE



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FORMATIVE EVALUATION

- ❖ **What are the risks behaviors?**
- ❖ **What are the influencing factors?**
- ❖ **What are the relevant developmental issues?**



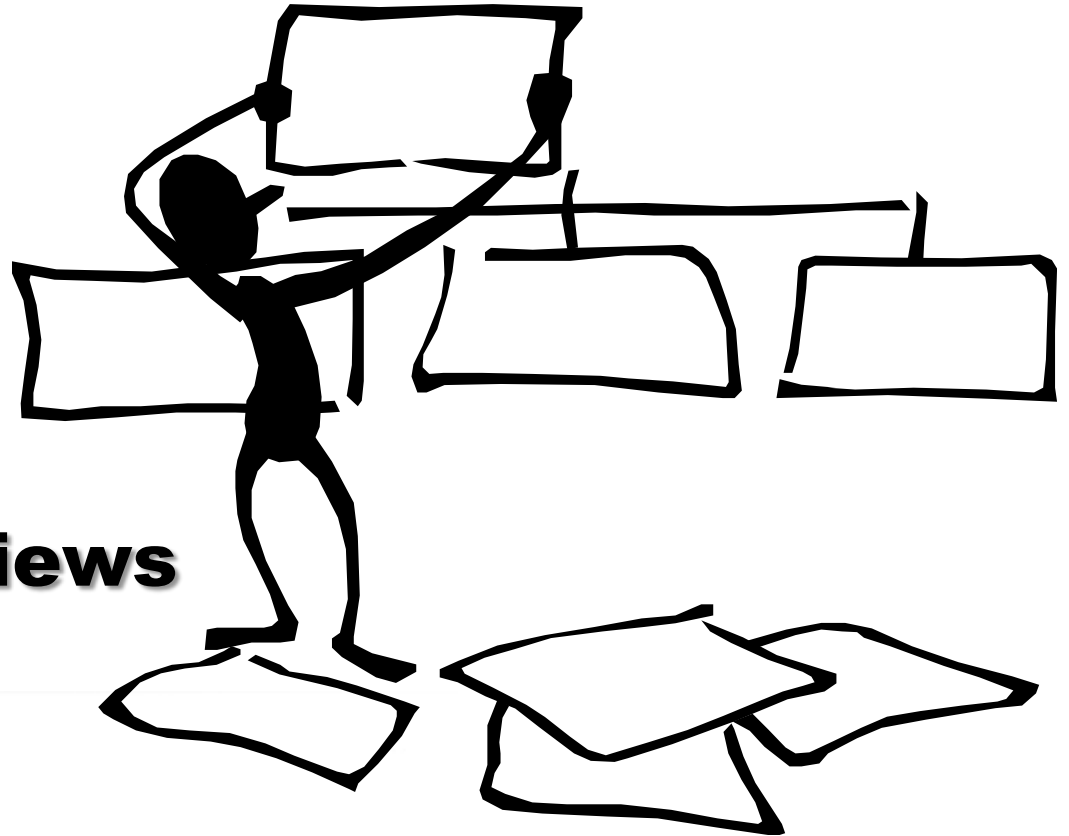
FORMATIVE EVALUATION

❖ **Focus groups**

❖ **Interviews**

❖ **Literature reviews**

❖ **Surveys**





FINDINGS....



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ADOLESCENCE....



- ❖ ***“I wish young people could just skip over the years between 10-23...either that or sleep their way through those years. All that happens during that***
- ❖ ***time is getting girls pregnant, hurting old people, stealing, and fighting”***



William Shakespeare



SEPARATION FROM ADULTS

THE TEENAGER MANTRA

You don't understand... You don't understand...



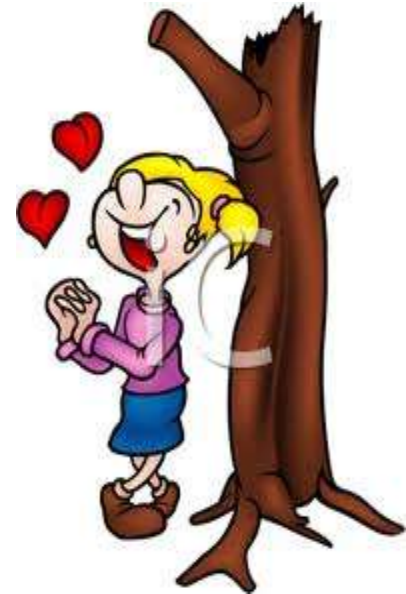
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EMPHASIS ON PEER RELATIONSHIPS



“ROMANTIC” RELATIONSHIPS



CONCRETE TO ABSTRACT

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"IT MAKES NO SENSE TO WORRY ABOUT THE FUTURE.
BY THE TIME YOU GET THERE, IT'S THE PAST!"



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“IT CAN’T HAPPEN TO ME!”



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RISKS FACTORS FOR FOSTER CARE YOUTH



**FOCUS GROUPS
FINDINGS.....**



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“What did I do wrong to not have the love of my parents”

- ❖ Issues with self-worth**
- ❖ Difficulty envisioning future goals**
- ❖ Impacts ability to form healthy relationships**



“They have experienced so many unhealthy relationships, It seems normal”

❖ Sex Vs. Love

❖ Lack of trust

❖ Lack of interpersonal skills

❖ Higher rates of intimate partner violence



“it’s a chance to create a family of my own”

- ❖ **Desire to form a family early and “get it right”**
- ❖ **Having a baby early will increase the likelihood of forming a “strong” bond with child**
- ❖ **A baby “will give unconditional love”**



DEVELOPMENT FOR YOUTH

❖ **Role-plays**

❖ **Activities**

❖ **Discussions**

❖ **Videos**



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INTERPERSONAL SKILLS

- ❖ **Emotional management skills**
- ❖ **Communication Skills**
- ❖ **“Creating healthy relationships”**
- ❖ **Sexual and gender norms**
- ❖ **Negotiation skills**



CONSEQUENTIAL THINKING

- ❖ **Decision Making Skills**
- ❖ **Exploring outcomes related to communication**
- ❖ **Internal vs. external locus of control**
- ❖ **Goal setting and visioning for future**



KNOWLEDGE AND SKILLS

❖ **Reproductive and anatomy**

❖ **Contraception**

❖ **Condoms**

❖ **STDs and HIV**





THANK YOU!

GRICEL N. ARREDONDO
DIRECTOR, CEBI
CICATELLI ASSOCIATES INC.
GARREDONDO@CICATELLI.ORG
212 594 7741



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Resources for Promoting Healthy Relationships for Teens

- What's Your Relationship Reality web-based resources
 - Games
 - Articles
 - Videos
- Tips and scripts for parents
 - *Relationship Redux*
 - *Kiss and Tell*

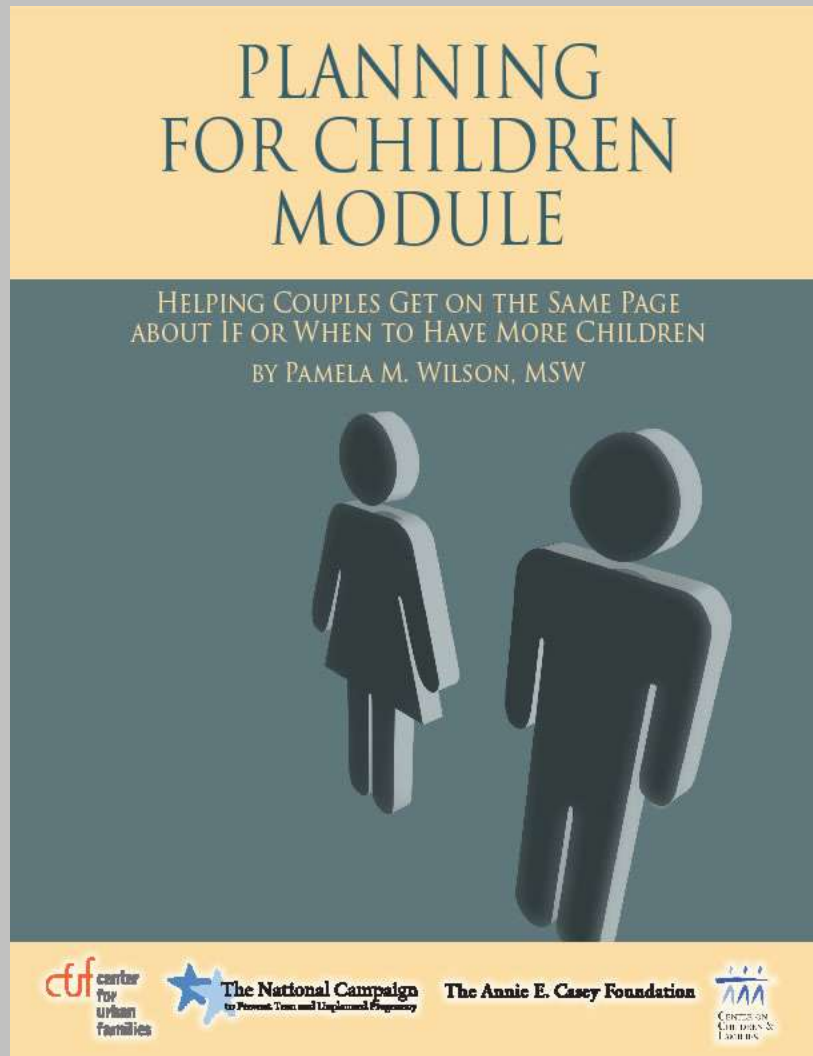
Part of The Dibble Institute's
Healthy Relationship grant



It's Not Just About Teens...

- 1 million unplanned pregnancies to unmarried women ages 20-29.
- 7 in 10 pregnancies to unmarried women in their 20s are unplanned.
- 72% of unplanned pregnancies to unmarried women in their 20s are to women who have already had at least one pregnancy.
- Unplanned pregnancy has serious consequences for parents and their children.

Resources for Programs Working with Couples



Planning for Children

Goals:

- Promote the importance of timing pregnancies in order to reach family goals and achieve family stability.
- Enable couples to get on the same page about if or when to have another child and the use of contraception to achieve their vision.

Authored by Pam Wilson

Developed with Center for Urban Families (MD)

Further tested with Family Expectations Program (OK)

www.TheNationalCampaign.org/PlanningForChildren

Planning for Children

“We could talk about things that we don’t even talk to our mothers about and no one judged.”

“It helped to see that I was not the only person that had fear or thought a certain way.”

“We decided today that we will wait awhile before having more (kids).”

“Half way through class I really started thinking that we need to really think about this contraception and planning.”

“We didn’t agree but it really helped that we sat down and talked about it today.”

★ ★ Thank you! ★ ★

For more information:

Andrea Kane

akane@thenc.org 202-478-8554

www.TheNationalCampaign.org

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